

## MY OBSESSION WITH HOUSTON'S EASTSIDE FARMERS MARKET

One of my obsessions is the Houston Farmers Market on Eastside. Unless I am out of town, you will find me there Saturday morning, rain or shine. I love the idea of people selling their wares in a market setting. Yes, it is primarily food, i.e. veggies and fruit, but there are other things too. You can eat a delicious breakfast at the several food trucks and the restaurant Canopy is there. There are tables and usually someone is singing and playing the guitar to provide a nice ambience. You can grab a coffee from Grizzaffi Coffee and head for some of my favorite spots.



I always make a stop to see Phil Cabrera, also known as Bonsai Phil. If you want a bonsai, he is the one to buy it from. The bonsais you see occasionally on the side of the road are a rip off and won't last. Ditto for the nursery. Go to the expert, Bonsai Phil. I take my bonsais back regularly to him for a checkup and a trim.



Bonsai



Roberto, Jenny & Phil



Buddy – Master bonsai guru with Roberto

My next stop is for bread. I am a big fan of Rosemarie Abbouchi of Artisana Bread. Her breads are out of this world. Many are based on Italian recipes. She has baguettes, Belgian chocolate and orange bread, brioche, French rosemary thyme, focaccia, challah, scones and croissants just to name a few. Don't let those carbs go to your head but again life is too short to not have an occasional croissant.



To round out the bread, I head to Tejas Heritage Farm. Their meat comes from contented animals because animals, chickens, turkeys and rabbits truly roam free. There is a lot of running room for the animals at their farm in Cleveland Texas. Check them out at [www.tejasheritagefarm.com](http://www.tejasheritagefarm.com). Here is a picture of the items for sale at the market. The difference in the chicken and turkey-even from the Whole Foods organics ones- is that the meat is so soft. You don't need incisor canines to eat this.



Round out your protein with seafood. Airline Seafood Inc. is owned by Jose J. Rodiles who is also a master oyster shucker. Jose has the freshest seafood in town. He said he has shucked 900 oysters in four hours!!



Next a vegetable stop is in order. You have a lot to choose from at the market. It is nice to become aware of what is truly in season. We are so used to having everything available at the grocery store. But really if you eat what is grown locally, you won't be eating berries in the winter and you won't be eating cauliflower in June. If you need a verbal hug, you should check out [www.AtchinsonFarms.com](http://www.AtchinsonFarms.com). Teresa is always there with a "How can I help you Baby" and will conclude your purchase, with a "Thank you Baby!" Maybe it is just me but it feels good to have someone genuinely tell you that. And she does!



I also make a stop at Pat Greer's raw foods to pick up my weekly case of Spicy Ginger Kombucha. She also has many treats including the Kale Krispies.



Also, in keeping with the fresh fermented products is a place called Scotty's Stout Sauerkraut, known for his fermented Sauerkraut and Kimchi.



Need cheese? Lira Rossa from Moulton Texas makes homemade cheese the Italian way. Forget what you think is mozzarella. Check out at [www.lirarossa.com](http://www.lirarossa.com).



Want to sin by eating a homemade peanut butter and jelly pop tart? Check out the Sinful Bakery, [www.sinfulbakery.com](http://www.sinfulbakery.com). Who cares if they are vegan because they are sooooo good.



Need flowers? Phil Carrera is known for his zinnias. They last and last and if you want an orchid that is not some fly by night orchid you see in grocery stores, check out owner, grower, Bruce A Cameron at his spot, Orchid Obsession.



